

**Abstract:****Title:**

The impact of speed during isocinetic contraction for strength ratios of m. quadriceps to hamstrings in youth soccer players U15-19

**Objectives:**

The objectives of this bachelor thesis is to find out a relative strength ratios of m. quadriceps to hamstrings of both lower limbs by means of isocinetic dynamometry using a Cybex device.

**Methods:**

Isocinetic dynamometry was used for an assignment of strength abilities using a Cybex device. Agility tests were used for an assignment of speed.

**Results:**

H/Q strength ratios were increased with increasing angular speed. Muscular strength itself decreased by increasing speed of muscular contraction both in flexion and extension.

**Keywords:**

Peak torque, isocinetic dynamometry, soccer, training